



43. Brockenlauf

Ilseburg / 07.09.2013

□□□□

Geisler, Gabriele

□□: Weserpeser
 □□: 212

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W60 (60-64 Jahre)

□□□: 3:24:33

□□: 7.63 km/h
 □□□□: 7:49 min/km

□□□□□/□□□: 415 (of 456)

□□□□□/□: 49 (of 57)

□□□□□□: 2:11:42

□□□□□: 2(of 2)

□□□□□□□: 2:55:35

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:49	7:13	2	3:33	52	8:08	3.30	23:49	7:13	2	3:33	21	1:11
Schlüsie	3.10	26:10	8:26	2	1:28	52	8:46	6.40	49:59	7:48	2	5:01	21	4:07
Hermannsklippe	2.60	24:58	9:36	2	2:57	52	9:42	9.00	1:14:57	8:19	2	7:58	21	6:26
Brocken	3.10	42:36	13:44	2	7:01	52	18:11	12.10	1:57:33	9:42	2	14:59	21	12:42
Eiserner Handwe	3.60	24:01	6:40	2	3:52	47	8:10	15.70	2:21:34	9:01	2	18:51	21	15:11
Schlüsie	4.10	21:41	5:17	2	2:39	41	7:18	19.80	2:43:15	8:14	2	21:30	21	15:30
Loddenke	3.10	19:47	6:22	2	3:50	51	7:32	22.90	3:03:02	7:59	2	25:20	21	18:43
Ilseburg/Markt	3.30	21:31	6:31	2	3:38	51	8:11	26.20	3:24:33	7:48	2	28:58	49	1:12:51